



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006

www.crotononhudson-ny.gov/recreation-parks
SPRING / SUMMER 2022 / ADULT PROGRAM



ZUMBA!

Zumba is the perfect combination of fitness, music & fun!

A total body workout that combines all elements of fitness including; cardio, muscle conditioning, balance and flexibility. Mix low intensity and high intensity moves for an interval-style, calorie burning, super effective workout.

The upbeat music will boost energy and get you moving to the beat.

Take the work out of workout and come join the dance fitness party!

ZUMBA! at the LANDING

Act# 2022 Sec 1

Dates: Tuesdays, beginning May 3 for **8 sessions**

Time: 5:30 - 6:30 PM

Location: Croton Landing / Community Room Rain Location

Fee: \$80.00 Village residents / \$95.00 School dis/non-res

Registration Deadline: April 26

Instructor: Suzi Myers Tipa, Fitness Instructor



Spring / Summer 2022 * ZUMBA! * Act # 2022 Sec 1

Amount: \$80 Village Resident / \$95 School District / Non-Resident
(Checks Payable "Village of Croton")

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____

Online Registration: www.crotononhudson-ny.gov/recreation-parks